



Weekly Health Tip:

Desk Job Blues

Having a job where you sit at your desk all day can be tough, especially if you want to be more active. There are a few things you can do during the day, however, to keep yourself from being completely sedentary:

- **Use your lunch break:** If it's possible, use your lunch break for some physical activity and then eat at your desk when you get back. Take a walk or sign up for a 30-minute class at a nearby fitness facility.
- **Pace:** Put on a headset and pace while you talk on the phone.
- **Push up:** Do 10 push-ups every hour off the edge of your desk.
- **Squat:** Do 30-second static squats, in which you hover over the seat of your chair, every 20 minutes.
- **Stretch:** Stretch while you are sitting to get the blood flowing.
- **Pump iron:** Bring in a pair of light dumbbells and do biceps curls, triceps extensions and shoulder raises and presses, all while sitting at your desk.
- **Work those calves:** Do some calf raises while you're standing in your cubicle or chatting with co-workers.
- **Host a walking meeting:** Take your meetings outside when possible.

Any bit of activity you work into your daily routine can only help. Keep your goals in mind and remember that even if you can only manage a few 30-minute exercise sessions a week, it's better than nothing!

Source: Losing It With Jillian Michaels ,

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